



Los Angeles County
Mental Health Wellness Magazine

Minds & Matters

FALL 2013

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BACK-TO-BACK EMMY WIN FOR LACDMH'S PROFILES OF HOPE PSA

The Los Angeles County Department of Mental Health (LACDMH) Public Information Office has once again received a prestigious Los Angeles area Emmy Award in the category of Public Service Announcement (PSA) for its **Profiles of Hope** PSA. **LACDMH Public Affairs Director Kathleen Piché (Executive Producer)** and **Public Information Officer Karen Zarsadiaz-Ige (Producer)** co-produced the Emmy Award-winning PSA, which can be viewed on the LACDMH website and on YouTube. Winners were announced at the 65th annual Los Angeles area Emmy Awards ceremony in North Hollywood on Saturday August 3, 2013.

"Stories of recovery help balance the stories of tragedy so often seen in the media. LACDMH is proud to do our part in sharing these stories of hope and wellness," stated **LACDMH Director Marvin Southard, D.S.W.**

Funded by the Mental Health Services Act (MHSA), the 60-second **Profiles of Hope PSA** spotlights high-profile individuals who overcame stigma and various obstacles to live successful and productive lives, and carry on LACDMH's mission of *Hope, Wellness and Recovery*. The PSA was based on LACDMH's original Emmy Award-winning series, **Profiles of Hope**, which is widely used as a teaching tool to motivate audiences and erase stigma.

hope
wellness
recovery

dmh.lacounty.gov





Minds & Matters

From Marvin J. Southard, D.S.W., Director
Los Angeles County Department of Mental Health



Team Spirit

The beginning of the academic year puts many of us in a mindset in which we are proud of the past accomplishment of our teams (whether we are Bruins, Trojans, Bears, Irish or something else) and full of hope about their future achievements. The same is true of our team at LACDMH.

There are so many accomplishments. Just to name a few in a stream of consciousness that is in no way inclusive: With Kathleen Piché and Karen Zarsadiaz-Ige, we have won Emmys two years in a row; thanks to Debbie Innes-Gomberg, Kim Nall, Dennis Murata and their teams we sailed through the excruciating MHSa audit with praise and flying colors; our veterans' collaboration under Cathy Warner and Carl McKnight is nominated for a Top Ten Productivity and Quality Commission Award; and, Ana Suarez and her team of Promotores have garnered numerous awards, including a Productivity and Quality Commissioners Special Award. Our work in implementing the Affordable Care Act (ACA) in the arena of behavioral health led by Dr. Rod Shaner and Dr. Robin Kay as well as Carlotta Childs-Seagle, Kathleen Kerrigan and Lisa Wicker is considered a national model. Our law enforcement and mental health partnerships under Dr. Tony Beliz, Linda Boyd, Miriam Brown and Irma Castaneda continue to win both local awards and national acclaim. We are a reliable, useful and competent partner to DCFS, Probation, Sheriff, DPSS, Children's Court and a variety of community partners, including faith

communities. The work with faith communities has progressed thanks to Ed Vidaurri, Kumar Menon, Adrienne Hament and their teams. Our supported housing program, under Maria Funk and Reina Turner, is the best in the State. Thanks to Mary Marx, Dr. Stephen Shea, Karen Streich, Connie Draxler and their teams, we manage the risk associated with a large number of difficult individuals in a humane and effective way. As I mentioned before, this list is in no way exhaustive; it's just what first leaps to mind.

But we have a tough season ahead of us with no time at all to rest on our laurels. The transition to a full implementation of the ACA and the expansion of entitlements involved will be a huge change and challenge, especially making sure we have adequate access to quality care for those who need services. Implementation of IBHIS will be a monumental achievement and we are lucky to have Bob Greenless and Paul Arns as our team captains. Implementing AB 109 in a way that improves the lives and the outcomes of our clients and protects public safety will continue to test our mettle. Implementing the opportunities embodied in SB 82 (crisis and triage programs) at the same time we do everything else will keep us from becoming complacent. Many, many challenges.

But we have the team, we have the strength, we have the energy, and we have the talent to feel confident our team at LACDMH will win another season for hope, wellness and recovery.

Marvin J. Southard, D.S.W.

hope *wellness*
recovery



Employee Recognition

Retired

July 2013

Verne Smith, 33 yrs
Gayle James, 38 yrs
Aurora Cruz, 23 yrs
Charlene Mitchell,
43 yrs
Ellen Adams, 44 yrs
George Aguilar, 27 yrs

August 2013

Royceanne Johnson,
7 yrs
Sandra Thomas, 35 yrs
Richard Dunn, 31 yrs
Patricia Gilbert, 26 yrs
Rosario Medrano,
22 yrs



LACDMH RECEIVES FOUR NACO AWARDS

At the Board of Supervisors meeting on Tuesday, July 30, 2013, the Los Angeles County Department of Mental Health (LACDMH) was presented with four separate Achievement Awards from the National Association of Counties (NACo). LACDMH was among the county's various departments to be given awards by NACo.

This year, NACo recognized four LACDMH programs and partnerships. LACDMH Director Marvin Southard, D.S.W., was on-hand to receive the awards as well as the district chiefs and program managers. The awardees were:

- **Online Provider Directory for Mental Health Services** (LACDMH)
- **Promotores de Salud Mental** (LACDMH)
- **School Threat Assessment Response Team/START** (LACDMH)
- **Prevention and Early Intervention Veteran System Navigators Services** (LACDMH & Department of Military and Veterans Affairs)

Congratulations to the winning programs and their staff!



ATTORNEY GENERAL GIVES AWARD TO BURBANK MHET

On Thursday, July 25, 2013, the State Attorney General Kamala Harris recognized the ground-breaking efforts and accomplishments of the Burbank Mental Health Evaluation Team (BMHET) with a prestigious Award of Commendation. BMHET is a collaboration of the Los Angeles County Department of Mental Health (LACDMH) and the Burbank Police Department.

The awards were given out to law enforcement as well as non-uniformed citizens who have helped make the community safer. Recipients were nominated in order to be considered for the awards. The ceremony took place at the end of the Attorney General's Zone 1 Meeting for Los Angeles and Orange counties at the Los Angeles Police Department's Ronald Deaton Auditorium in downtown.

BMHET members honored with the Award of Commendation included: Chief Scott Lachasse, Captain Denis Cremins, Captain Mike Albanese, Officer Kristiana Sanchez, Officer Adam Adler and Jennifer Hunt, Psy.D. Two BMHET members (Officer Scott Moody and Sergeant Mike Parrinello) were not present at the award ceremony.



OSBORNE PLACE PROVIDES HOUSING FOR HOMELESS LIVING WITH MENTAL ILLNESS

By Kathleen Piché, L.C.S.W., Public Affairs Director

Osborne Place Apartments, a new, 62-unit supportive housing development for homeless individuals and families living with mental illness in the Pacoima area, officially opened on Friday, August 23, 2013. LACDMH supported this project with funding from the Mental Health Services Act (MHSA), and is one of the many contributors that made this project possible.

Sponsored by A Community of Friends (ACOF), the event was attended by dignitaries, staff and clients who were treated to refreshments and tours of the units. Welcoming the crowd were Helena Jubany, Chair, Board of Directors, ACOF and Dora Gallo, Chief Executive Officer, ACOF.

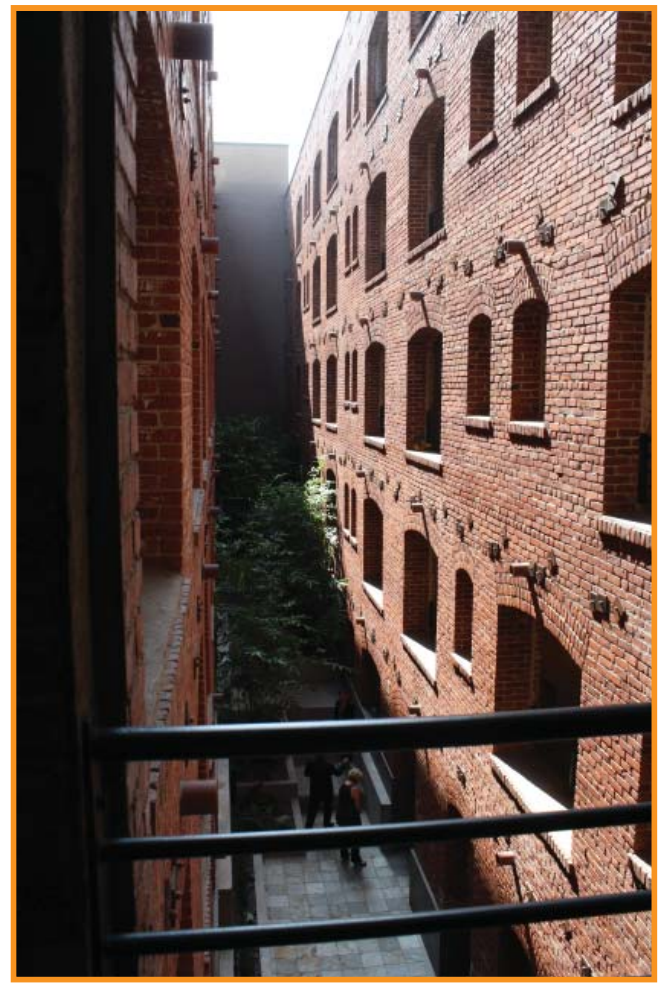
Remarks were made by LACDMH Director Marvin Southard, D.S.W.; Douglas Guthrie, Housing Authority, City of L.A.; Michael Arnold, L.A. Homeless Services Authority; Felipe Fuentes, City Councilman, 7th District; Zev Yaroslavy, LA County Supervisor, Third District; and Raul Bocanegra, Assemblymember 39th District.

Osborne Place includes 29 studios, 6 one-bedrooms, 14 two-bedrooms, and 13 three-bedrooms, five of which are townhomes with private garages. Two additional units are for property staff and two case managers are on-site to assist the residents, of which 39 households were considered chronically homeless.



Amenities include: a community room, a multi-purpose computer room, a property manager's office, a children's play area, laundry facilities, community garden plots, outdoor BBQ area and a large open play area. Children living in the units between the ages of 7-13 were able to attend a week-long summer camp, thanks to ACOF and community partners.

ACOF incorporated environmentally sensitive or "green" building materials and systems, achieving a LEED Platinum rating for Osborne Place. San Fernando Valley Mental Health Centers, Inc., provides the two case managers for residents.



LACDMH CELEBRATES OPEN HOUSE FOR PARKVIEW ON THE PARK

By Karen Zarsadias-Ige, Public Information Officer

Parkview on the Park held an open house celebration on Thursday, August 15th at its location on Alvarado Street in Los Angeles, across from the well-known MacArthur Park. The senior housing community was completed last year and provides 79 units for homeless older adults. Forty of the 79 units are funded by the Mental Health Services Act (MHSA) and are specifically designated to house individuals diagnosed with mental illness.

"We're very excited about this project and it's amazing that all of you are here and have participated in the building of it," said Carlotta Childs-Seagle, Los Angeles County Department of Mental Health (LACDMH) Deputy Director. "Everyone here is an acknowledgement of what a group of people can do when they share resources and ideas."

"Let's not let anyone go and be homeless," stated Los Angeles City Councilmember Gil Cedillo whose district includes MacArthur Park. "This is a city that cares."

Parkview on the Park officially opened its doors in March 2012. With 24-hour security available, each of the studio-style apartments has a bathroom and small kitchen. There is communal space for the residents to share a fitness center, library, laundry rooms, computer café, educational and social classrooms. Residents

are 62 years old and older. They live on limited income from Social Security or other government assistance programs, and pay 30-percent of their income for rent. LACDMH offers mental health services for those who need it as well as St. Barnabas Senior Services who also provides other programs for residents, too.

When resident Paul Davies moved in after years of homelessness, he couldn't get over the initial feeling. "It didn't feel like an apartment. It felt like home," he said. He expressed his gratitude and appreciation to all those involved in building Parkview on the Park. "These people here created an environment that made me feel cared for. They make me feel like I'm home."

The Los Angeles Housing Partnership was behind the development of the senior housing project. Besides the Los Angeles County Department of Mental Health (LACDMH), Parkview on the Park's other partners include: Affordable Living for the Aging, California Community Reinvestment Corporation, California Tax Credit Allocation Committee, FPI Management, Hatch Colasuonno Studio, HK Design & Development, Inc., Los Angeles City Housing and Community Investment, Los Angeles City Council, Wells Fargo, Westport Construction, Inc., and The Wolcott Co.

CALIFORNIA STATE AUDITOR ACKNOWLEDGES LA COUNTY FOR IMPLEMENTATION & EVALUATION OF MHSA-FUNDED PROGRAMS

The California State Auditor's Office has completed and released findings on a nine-month audit of Mental Health Services Act (MHSA) programs in Los Angeles, San Bernardino, Santa Clara and Sacramento counties. Although the brief version of the *California State Auditor Report* calls for statewide improvement in oversight and accountability, the full report acknowledges the Los Angeles County Department of Mental Health (LACDMH) for its comprehensive approach to evaluating the outcomes of its MHSA programs and using those outcomes to improve services. Additionally, the full report states: "Los Angeles effectively used its contracting process with program providers to communicate all program goals for which they were responsible." After a review of its findings, the Auditor had no recommendations for Los Angeles County.

"We are pleased that Los Angeles County's extensive stakeholder input and professional handling of outcome measurement of MHSA were recognized in the state audit," said LACDMH Director Marvin J. Southard, D.S.W.

Los Angeles County's use of evidence-based practices to intervene early in the course of a mental illness have demonstrated symptom reduction and improved overall functioning for children, adolescents and young adults.

Outcomes for adults enrolled in MHSA-funded Full Service Partnership programs include:

- 71% reduction in days spent homeless
- 49% reduction in days spent incarcerated
- 59% increase in days living independently in an apartment or house

Outcomes for children enrolled in MHSA-funded Full Service Partnership programs include:

- 57% reduction in days spent in emergency shelter
- 71% reduction in days spent homeless

California Senate President pro Tem Darrell Steinberg requested the audit in response to concerns about county MHSA implementation. The audit focused on the use of performance and outcome measures to assess program impact and improve services; consistency between a county's state-approved MHSA plans and program implementation so it met stakeholder criteria; and ensuring MHSA funds were expended appropriately. Auditors found LA County had implemented oversight and monitoring processes that ensured expenditures met MHSA requirements, and that services are consistent with MHSA plans developed by stakeholders and approved by the state.

KOREAN SOCIAL WORK GRAD STUDENTS VISIT LACDMH

On Friday, August 23, 2013, a group of 10 social work graduate students and their professors from Sungshil University in Korea came and spent time at the headquarters of the Los Angeles County Department of Mental Health (LACDMH). The two professors and eight students, some of whom are CEOs at nonprofit social work agencies in Korea, learned about LACDMH's programs and services so they could develop similar ones in Korea, too.

LACDMH's Jung Ahn, M.S.W. (Mental Health Services Coordinator) and Karen Lee, M.D. (Regional Medical Director, Adult System of Care) shared information about LACDMH, answering any questions the group had.

Ahn thoroughly described numerous programs and services provided to the community (e.g. FSP, FCCS, ISM, EOB, ACCESS, etc.). She also explained the relationship LACDMH has with its contracted providers, including providers who serve the local Korean community. The group learned about LACDMH's All Faith Network Meeting that was established to reach out to the faith-based community, including Korean churches. During the brief meeting, Dr. Lee spoke about the Adult System of Care, what conservatorship is, and information on the county's urgent care service.

hope wellness recovery

LACDMH Mission

Enriching lives through partnerships designed to strengthen the community's capacity to support recovery and resiliency.

Our Values

Integrity: We conduct ourselves professionally according to the highest ethical standards.

Respect: We recognize the uniqueness of every individual and treat all people in a way that affirms their personal worth and dignity.

Accountability: We take responsibility for our choices and their outcomes.

Collaboration: We work together toward common goals by partnering with the whole community, sharing knowledge, building strong consensus, and sharing decision-making.

Dedication: We will do whatever it takes to improve the lives of our clients and communities.

Transparency: We openly convey our ideas, decisions and outcomes to ensure trust in our organization.

Quality and Excellence: We identify the highest personal, organizational, professional and clinical standards and commit ourselves to achieving those standards by continually improving every aspect of our performance.



Los Angeles County
Department of Mental Health
is dedicated to partnering with
clients, families and communities
to create hope, wellness and recovery.



<http://dmh.lacounty.gov>

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**Los Angeles County
Department of Mental Health**

550 South Vermont Ave., 6th Floor
Los Angeles, CA 90020
<http://dmh.lacounty.gov>

Director: Marvin J. Southard, DSW

Editor-in-Chief: Kathleen Piché,
LCSW

Contributors: Karen Zarsadiaz-Ige,
PIO II, Kimberli Washington, ITC/
PIO, Vienna To, ITC/PIO

Minds & Matters is published by the
Los Angeles County
Department of Mental Health.
For article ideas and submissions,
e-mail kpiche@dmh.lacounty.gov
or fax to (213) 383-8284.



A Final Thought



THE POWER OF AMUSEMENT

BY KATHLEEN PICHÉ, L.C.S.W., PUBLIC AFFAIRS DIRECTOR

As the holidays emerge in the final quarter of 2013, remember not to invest in the stresses inherent in the holiday season. Instead, remember to enjoy yourself. Throughout October, November and December, schedule a few dates to do things you most enjoy, or arrange to do something you've always wanted to do, like see a concert, play or visit a special place. Take the time to relax, indulge in a favorite activity and/or people, and laugh as much as possible.

Know any good jokes?

Some say you can laugh away your stress and/or problem. When we laugh, we take in a lot of oxygen. Oxygen is good for the body and provides us with extra energy. After a good dose of laughter, we feel more energized and sense a new vitality. Laughter oxygenates the organs. Laughter controls our blood pressure and maintains our sugar levels. Laughter has also been proven to be good for the heart. It improves our immune system and gets the blood pumping in our bodies.

Not only is laughter beneficial for the body, but it also is required for mind and soul. When we laugh or smile, we escape tension and stress, and catch a break from our exhausting lives. Laughter can rejuvenate our minds—if you've ever heard a good joke at work, you know that when you resume work, the mind is more capable of handling the problems at hand and creative solutions come more easily. Humor clears the mind.

Here are a few good quotes to get you in the mood:

1. A smile is a curve that sets everything straight. — Phyllis Diller
2. A smile starts on the lips, a grin spreads to the eyes, a chuckle comes from the belly; but a good laugh bursts forth from the soul, overflows, and bubbles all around. — Carolyn Birmingham
3. A well-balanced person is one who finds both sides of an issue laughable. — Herbert Procknow
4. Against the assault of laughter, nothing can stand. — Mark Twain
5. Always laugh when you can. It is cheap medicine. — Lord Byron
6. An optimist laughs to forget; a pessimist forgets to laugh. — Tom Nansbury
7. Earth laughs in flowers. — Ralph Waldo Emerson
8. Even the gods love jokes. — Plato
9. Everyone is so afraid of death, but the real Sufis just laugh: nothing tyrannizes their hearts. What strikes the oyster shell does not damage the pearl." — Mevlana Rumi
10. From there to here, from here to there, funny things are everywhere. — Dr. Seuss
11. God has a smile on His face. — Psalm 42:5
12. God is a comedian playing to an audience too afraid to laugh. — Voltaire
13. Don't be pushed by your problems. Be led by your dreams. — Ralph Waldo Emerson

As another year passes, I'd like to acknowledge this last word of advice: "Laugh a lot, and when you're older, all your wrinkles will be in the right places." — Anonymous